

Angier's

GARDEN,
HOME,
AND NURSERY BOOK



Don'ts for Gardeners

Don't fail to dig the ground thoroughly, and don't sow seed in wet weather ; a fine tilth cannot be obtained when the soil is soaked.

Don't flood the newly sown seeds with the watering can. Water gently.

Don't forget to sow seed in accordance with directions.

Don't leave the frame open at night.

Don't neglect to water seedlings before and after transplanting.

Don't stake plants late and don't strangle when tying.

Don't leave dying and faded blooms on plants.

Don't put crude manure where it can touch the roots.

Don't give a top dressing to young plants unless specially directed.

Don't forget your garden in the winter—it should be a busy season.

Don't dig the soil when it is chilled with frost.

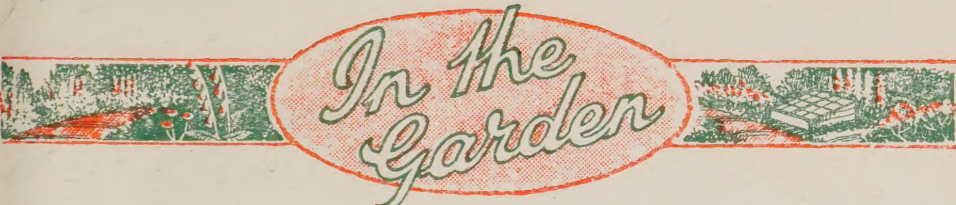
Don't prune newly-planted fruit bushes—wait until they are well rooted.

Don't fail to keep the hoe working—especially during hot, dry weather.

Don't give garden pests a chance to thrive.



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In the Garden

Gardening is one of the healthiest and most invigorating of all hobbies or occupations. One cannot cultivate the soil, sow seeds, nurse the young plants and watch their growth without becoming conscious of a great, unseen power, undefinable, yet manifestly present to all lovers of Nature.

THE SOIL.

The preparation of the soil is the all-important matter in gardening, and no better advice could be given than to "dig deep." Should the soil be too heavy, grit and sand, road sweepings, etc., should be dug in. If too light, clay and lime, and if possible, cow manure. During frosty weather leave soil rough-turned.

THE LAWN.

Make the ground dead level before sowing lawn seed. Choose a windless day and scatter the seed thickly and evenly. It is usual to allow 1-lb. of seed for every thirty square yards. Black cotton should be crossed over the ground to scare the birds. The first cutting should be done carefully with shears, after which roll the lawn.

MAKING THE ROCKERY.

Where there is room in a garden there should always be a rockery for the cultivation of those alpine plants which cannot be grown successfully in the borders. Dig the soil out to form a base, fill in with old bricks, mortar, etc., for drainage, and cover this with the soil excavated, adding more to make a mound. Place the stones at suitable distances apart, leaving room for plant growth. Leaf mould and sand should be worked into the pockets. Many of the simple wild plants make an effective show on the rockery, and colour can be given by the judicious planting of Arabis, Aubretia, Dianthus, Sedum and the many varieties of Saxifrage.



YOUR PILOT THROUGH WINTER'S ILLS

WARD OFF COLDS, BRONCHITIS, INFLUENZA

Through the storm and stress of winter, with its chills and sudden changes, there is no better tonic than **ANGIER'S EMULSION** for piloting you through the danger months and safeguarding your health and strength.

Because of its invigorating, strengthening and general tonic properties, the whole system is so built up that chills and catarrhal affections are easily repelled. For over thirty-five years it has been used by physicians and in hospitals throughout the Kingdom with constantly increasing prestige.

ANGIER'S EMULSION

THE ROSE BED.

This is usually the most delightful and popular corner in the garden, and well deserves extra care and attention. The small bushes which flower freely in their season, can be planted in the borders. Some of the taller-growing varieties may be pegged down, giving the effect of a complete flower bed of apparently dwarf roses. Roses do well in almost any but the very light soils. These may be brought into condition by the addition of clay or cow manure.

PLANTING ROSES.

Roses may be planted any time after the leaves have fallen in the Autumn until March, but not during frost. Cut out all damaged and broken roots, and shorten the tap root a little. Dig a hole wide enough to take the roots when spread out, and of a depth sufficient to allow the point where the rose is grafted to be slightly below the level of the ground. Sift fine soil among the spread-out roots, add two or three inches of soil, tread firmly, and fill in the remainder of the soil, taking care not to leave a hollow round the stem. Standard roses should be staked when planting. Do not manure newly-planted roses, but give a good mulch of well-rotted cow or horse manure in the Spring.

PRUNING ROSES.

Pruning is usually the amateur grower's stumbling block, but with the assistance of the illustrations overleaf, it should not present any great difficulty. All weak and useless wood should be cut away, and the strong shoots cut well back to prevent overcrowding. The centre of the tree needs to be thinned out to let in light and air and to ripen the growth. Care must be taken when making the cut to see that the growth is away from and not towards the centre of the tree.

PRUNING A BUSH ROSE.



HARD PRUNING A BUSH ROSE



PRUNING A STANDARD ROSE



PRUNING ROSES—*contd.*

Ramblers are pruned by cutting out all the previous year's wood if the new growth is prolific. This can be done immediately after the bloom has dropped. Climbing roses should be shortened, and old wood cut out where necessary. Leave a sufficient growth at the bottom of the bushes so as to give a mass of bloom from the ground upwards. Ramblers may be propagated from cuttings.

SCRTS TO GROW.

To give a list of all varieties would be futile, as not only does the fashion change frequently, but individual tastes differ. Any well-known grower will provide a catalogue of old favourites and new varieties. It is always advisable to include a few well-known fragrant sorts such as Hugh Dickson, General MacArthur, Ophelia, Golden Ophelia, Caroline Testout, Golden Emblem, Prince de Bulgarie, Madame Abel Chatenay, for the bush roses ; and American Pillar, White Dorothy Perkins, and Excelsa among the ramblers.

SWEET PEAS.

Next to the Rose, Sweet Peas are perhaps the most popular, and at the same time most profitable flowers grown. They are not difficult to cultivate, but require care and attention if really fine blooms are desired.

For exhibition, the seeds are grown in the frame in the Autumn, and planted out in the Spring when the weather is favourable. They are grown single stem, about 9 in. between each plant, and the side-shoots nipped out.

The general practice is to sow the seeds in the Spring about 6 in. apart, sticking the plants with the usual pea-sticks. By nipping out some of the side shoots good blooms can be obtained in great profusion.

Sweet Peas need plenty of feeding. In January, dig a trench about 2 ft. deep, of the width required for the double row, place any old garden rubbish at the bottom, and fill in with well-rotted manure to about 6 in. from the top. On this throw in good loamy soil and allow it to settle until time for sowing. During the blooming period a soaking of weak liquid manure occasionally works wonders. Do not allow the ground to get dry.

ANNUALS.

Every garden can be made bright with Annuals. Most varieties are easily grown from seed, and with care and attention to the seedlings a mass of bloom is assured. April is the best month to sow annuals in the place where they are to bloom. When the seedlings appear, thin out to give the plants room to grow. In a dry season, water during the early stages of growth. A few of the favourite varieties are Antirrhinums, Candytuft, Clarkia, Godetia, Mignonette, Nasturtiums, Poppies, Asters, Stocks, Petunias, and Zinnias.

STRENGTHENS WEAK LUNGS



Keep them free from Colds

After the warm healthy glow of exercise in the keen winter air, comes the danger of chills, coughs and colds.

ANGIER'S EMULSION

is the great protective remedy and during the winter months especially should be given as a regular course of treatment to the youngsters. It increases appetite, builds up and strengthens the delicate little ones and aids their digestion.

**FOR OVER 35 YEARS DOCTORS HAVE
PRESCRIBED ANGIER'S IN CHILD-
REN'S AILMENTS.**



BIENNIALS.

Biennials are plants sown one year to bloom the next. Among these are the well-known Wallflowers, *Myosotis* (Forget-me-not), Canterbury Bells, and Sweet Williams. The seeds are usually sown in drills in the Autumn, and when the plants can be handled, pricked out in a border to grow on in readiness for filling the beds.

PERENNIALS.

Perennials are plants which make growth from year to year. All may be raised from seed, but for small gardens are best procured from the nurseryman. Among these are *Violas*, Pansies, Auriculas, Anemones, Delphiniums, Larkspur, etc. These can be propagated by division or from cuttings.

VEGETABLES.

Every garden should have its vegetable plot. No matter how small, the quantity of useful, healthy food that can be grown in a confined space is surprising, if the simple growing instructions given with the seed are followed.

Vegetables love a deep, well-manured soil. If the soil is at all sour or in poor condition, dig in lime and put in a crop of potatoes. This crop breaks up the soil and acts as a cleanser. Other vegetables are easily grown and their cultivation is interesting. Amongst the most popular are Peas, Beans, Cabbages, Cauliflowers, Parsnips, Beetroots, Garden Swedes, and the Salad plants, such as Lettuces, Mustard and Cress, Radishes, Onions, etc.

The rows of vegetables should run north and south so that both sides will be fairly exposed to the sun.

Plant quick-growing crops of Lettuce, Spinach, Radish, and Turnip between rows of vegetables which take longer to arrive at maturity, thus utilising the ground fully.

BULBS IN THE GARDEN.

Do not buy bulbs offered through the post by foreign dealers. They are only "seconds" and seldom give good results. There is only one growing period in the year.

Depth to plant :—Lily of the Valley, 1 in. ; Scillas, $1\frac{1}{2}$ in. ; Aconites, $1\frac{1}{2}$ in. ; Snowdrops, 2 in. ; Crocus, 2 in. ; Gladioli, $2\frac{1}{2}$ in. ; Spanish Iris, $3\frac{1}{2}$ in. ; Narcissus, $3\frac{1}{2}$ in. ; Early Tulips, $3\frac{1}{2}$ in. ; Darwin Tulips, $4\frac{1}{2}$ in. ; Hyacinths, 4 in. Other large bulbs, 4 to 5 in. The figures indicate the depth of hole.

BULBS IN FIBRE.

The bowls should not be too shallow— $4\frac{1}{2}$ in. being a good depth suitable for Hyacinths, Daffodils and Tulips. Moisten the fibre before placing in the bowls. Do not quite cover the bulbs, and allow half inch below rim of bowl for watering. Place the bowls in the dark in a cool, airy place for eight to twelve weeks. Examine the bowls once a week and keep moist. After half-an-inch of growth remove to a light room and gradually bring to the window.

THE CHILDREN'S GARDEN.

The children should be instructed to take an interest in gardening and parents would do well to give them a patch for themselves. In doing this give them a piece of ground with a suitable aspect, and provide them with good tools. Teach them to make and paint their own labels. The children should receive instructions in digging and planting, raking and hoeing. The actual flowers should be those most easily grown of the old favourites—Wallflowers, Primroses and Polyanthus, Forget-me-nots, Alyssum, Pansies, Sweet William. Even a bush rose or two can be attempted. Above all give encouragement.

GARDEN PESTS.

SLUGS AND SNAILS. Scatter a mixture of soot and lime among the plants attacked. Traps of bran and lettuce leaves placed on the ground at night and examined in the morning will be found effective. Keep the hoe at work.

BLACK FLY ON BROAD BEANS. The best way to destroy the Broad Bean Aphis is to pinch out the tops of the plants when the beans are formed. Be sure to burn them. Syringing with emulsion of paraffin and soft soap is a good preventive.

CARROT FLY. Spray with weak tar water and use soot freely. Scatter sawdust soaked in paraffin between the seedlings.

ONION FLY. When seedling Onions turn yellow and fall, they are attacked by the grubs of the Onion Fly. Use soot, and spray with quassia solution. Remove the attacked seedlings with a quantity of the soil directly underneath.

WIREWORM. These cannot be got rid of in one season, but constant cultivation is the sure method of clearing them. A good plan is to trap them by cutting slices of potato through which is pierced a stick, burying, leaving the stick showing. After a day or two lift the potato, when it will be seen to contain the wireworms.

GREEN FLY. Syringe with a solution of soft soap mixed with a small quantity of paraffin. Next evening give the plants a good syringing with water.

ROSE MILDEW. This is a fungoid growth and attacks the leaves and young shoots. Dust the bushes with a mixture of two parts flowers of sulphur and one part of lime.

CELERY FLY. Syringe with paraffin solution or dust with soot. Pick off all affected leaves.

Strengthens Weak Lungs

If your chest or throat is weak and there is a tendency to tuberculosis, or any other lung trouble, you have an invaluable remedy at hand :—

ANGIER'S EMULSION

The medical profession prescribe Angier's as a standard course of treatment for troublesome coughs, bronchitis and other chest affections.

It soothes and strengthens the lungs, promotes appetite and digestion and so builds up the general health that chills and colds are easily resisted.

**ANGIER'S
EMULSION**

THE ORCHARD.

The cultivation of Fruit, either for the kitchen or the table is not difficult, but the subject is so large that advice should be sought from a qualified expert on the methods of planting, pruning and general treatment. A good maxim is "Grow for quality, not quantity"—don't overwork the trees. A few useful varieties are given below :—

Apples.

Dessert.

Beauty of Bath.
Worcester Pearmain.
Peasgood Nonsuch.
Cox's Orange Pippin.
James Grieve
Blenheim Orange.

Culinary.

Lord Grosvenor.
Bismarck.
Warner's King.
Newton Wonder.
Lane's Prince Albert.
Bramley's Seedling.

Pears.

Pitmaston Duchess.
Duchess de Angouleme.

Marie Louise.
William's Bon Chretien.

Plums.

Dessert.

Greengage.
Crimson Drop.
Coe's Golden Drop.
Victoria.

Culinary.

Diamond.
Magnum Bonum.
Early Orleans.
The Czar.

Strawberries.

Sir Joseph Paxton.
Vicomtesse de Thury.
Laxton's Perpetual.

Raspberries.

Colonel Harbord.
Red Antwerp.
Superlative Red.

Currants.

Black.

Boscoop Giant.
Lee's Prolific.

Red.

Raby Castle.
Laxton's Perfection.

Gooseberries.

Lancashire Lad.
Whinham's Industry.

May Duke.
Whitesmith.

TIME TABLE.

SEEDS TO SOW EACH MONTH.

MONTH.	NAME OF CROP.
January.	Early Carrot, Turnip, Lettuce, Onion, Leek and Radish—all in frame. Plant Potatoes in frame.
February.	Early Peas, Brussels Sprouts, Cauliflower, Onion, Leek, Radish, Lettuce, Cabbage, in frame. Plant more Potatoes under glass. Plant Shallots.
March.	Broad Beans, Peas, Parsnip, Early Carrot, Radish, in the open. In frames sow Celery, Tomato, Cucumber. Plant out of doors Early and Second Early Potatoes.
April.	Peas, Broad Beans, Cauliflower, Cabbage, Lettuce, Turnip, Leek, Onion, Spinach, Broccoli, Parsley, Carrot, Beet. Plant Box-raised Onions. Complete planting of Potatoes.
May.	Dwarf and Runner Beans, more Peas, Turnip, Cauliflower, Lettuce, Broad Beans, Radish, Pickling Onion.
June.	Peas (early), French Beans, Beet, Radish, Carrot.
July.	Parsley, Winter Spinach, Globe Beet, Early Carrot and Spring Cabbage (end of month).
August.	Spring Cabbage (second week), Turnip, Onion, Cauliflower, Lettuce.
September.	Cauliflower, in frame, Winter Lettuce, Turnip, Spinach.
October.	Cauliflower, in frame.
November.	Broad Beans and a few Peas (round seeded).
December.	A few Peas and Broad Beans, if soil is dry, Shallots may be planted.

ANGIER'S EMULSION

IN THE GARDEN

TIME TABLE.

DEPTH TO SOW AND WHEN READY.

NAME	Depth to Sow or Plant	Distance apart thin out to	When crops will be ready after Sowing
Beans (Broad)	2½ in.	7 in.	18 weeks
„ (Dwarf)	2	10	14 „
„ (Runner)	2½	9	16 „
Beetroot	1½	10	17 „
Brussels Sprouts	½	18	36 „
Cabbage	½	18-22	17 „
Carrot	½	7	12-15 weeks
Cauliflower	½	16-20	16 weeks
Cress	on surface	—	10 days
Lettuce	¼	10	8-10 weeks
Mustard	on surface	—	10 days
Onion	½	9	20-26 weeks
Parsley	½	9	16 „
Parsnip	1	12	26 „
Pea (Marrowfat)	2	36	16 „
Potato (Early)	4	—	10-14 „
„ (Maincrop)	4-5	—	24 „
Radish	½	3	6-8 „
Swede (Garden)	¾	9	16 „
Leek	½	9	24 „
Broccoli	½	20-24	26-30 „

STIMULATES APPETITE

ANGIER'S

INFLUENZA.

"I have prescribed Angier's Emulsion for about sixteen years, and have found it a valuable help in many cases of debility after influenza, pneumonia, pleurisy, and bronchitis. I have also had good results from its use in intestinal trouble in children. It is palatable and can be taken when cod liver oil causes nausea." (Signed)...

L.R.C.P., L.R.C.S., etc.

INDIGESTION.

"I advocate strongly the use of Angier's Emulsion in all cases of flatulent dyspepsia, intestinal indigestion, and in that terrible complaint—mucous colitis. I have seen both by myself, and as a consultant, several very successful cases of this description in which Angier's Emulsion was the remedy."

(Signed).....

M.D., M.B., etc.

**ENDORSED BY
THE MEDICAL
PROFESSION**



DELICATE CHILDREN.

"I have been prescribing Angier's Emulsion for years with most satisfactory results. It is agreeable and acceptable to delicate children and young children find it invaluable for bronchitis and chest affections, and I prescribe it for anæmic and wasting diseases of children. In all cases I have been successful with results."

(Signed).....

L.R.C.P.

EMULSION

Invaluable
Household Remedy
Especially useful for
all ages

CHEST AFFECTIONS.

"I have prescribed Angier's Emulsion for the last 15 years with the greatest success, especially in respiratory affections and for ill-nourished children. I attach much importance to its therapeutic value."

(Signed).....
M.R.C.S., L.R.C.P.

WINTER COUGH.

"I have prescribed Angier's Emulsion for over twelve years. I can with every confidence say I much prefer it to all other Emulsions for "Winter Cough" and chest troubles generally. Children in particular like it and do splendidly on it."

(Signed).....
L.R.C.P., etc.



DEBILITY.

"I have found Angier's Emulsion helpful in many cases of debility, but especially so in cases of "overwork" in patients of both sexes, whose occupations entail a life lacking in physical exercise. I find that in each succeeding year I have prescribed Angier's Emulsion for a larger number of patients."

(Signed).....
M.R.C.S., M.R.C.P. (Lond.)

THE BEST TONIC.

"I consider Angier's Emulsion is one of the finest tonics and strength builders obtainable, and have always had great faith in it. As a prophylactic and cure for winter colds and chest affections in both children and adults it is admirably efficient and also very palatable."

(Signed).....M.B., F.R.C.S.



In the Home

USEFUL HINTS.

Damp Cupboards

Break up a lump of lime and place on a plate in the cupboard. All dampness will vanish.

Tide-Marks on Bath

Equal quantities of whiting and soap powder mixed to consistency of cream. Apply with soft cloth. Rinse and dry.

Sick Room

Red-hot cinders on a shovel: sprinkle with vinegar. This produces a refreshing odour.

Cut Flowers

Will last longer if you put a little salt in the water and cut the stems each day.

Stiffen Cretonnes

By adding three ounces of gum arabic to the rinsing water instead of starch.

Loose Knife Handles

Can be made firm by heating the pointed end and pressing it in, first filling the hole with a mixture of one part plaster of paris, four parts resin, one part beeswax.

When Wash- ing China

Avoid chipping on the sink taps by cutting two small pieces of rubber tubing and placing one on each tap.

A Musty Metal Teapot

Can be kept sweet and ready for use by always keeping a little dry tea in it.

Make a Cork Fit

Not by paring it, but by cutting a wedge from the bottom. This reduces it and makes it fit perfectly.

Remove the Smell of Fish

From utensils by rubbing with a small quantity of mustard.

ANGIER'S EMULSION

USEFUL HINTS.

- Fire Extinguisher** A syphon of ordinary soda water makes an excellent fire extinguisher, since the carbonic acid gas helps to stifle the flames.
- Mud on Dresses** All spots of mud on dresses may be removed by rubbing with a raw potato.
- Hole in Umbrella** If a piece of black sticking-plaster is stuck over a hole in an umbrella on the inside, it will look far neater than a darn.
- Cigar Odours** To remove the smell of cigars from a room, burn a little coffee on a shovel.
- Cleaning Bottles** Egg-shells, crushed and shaken in a bottle half filled with water, will clean it very quickly.
- Blue Stains** To prevent blue streaking clothes, mix one dessertspoonful of soda in blueing water.
- Fly Marks** An easy way to remove fly-marks from window panes is to smear the glass with turpentine.
- Cleaning Hair Brushes** Hair-brushes should be kept scrupulously clean. Wash them frequently in hot water to which a teaspoonful of ammonia has been added, and if possible, dry in the open air.
- Leaky Pipes** Soap mixed with whiting will stop a gas or water leak in a pipe until a plumber can be sent for.
- A Wrinkle** By hanging a bunch of stinging nettles from the roof of the cellar or larder during hot weather, you will not be troubled with flies at the meat.



*Builds up
after illness*

In convalescence from any serious illness, the first aim should be to improve and strengthen the organs of digestion and assimilation. It is a most important time—a time when the body demands extra nourishment and the influence of an invigorating tonic.

For these reasons, Angier's Emulsion is necessary, even essential, during convalescence.

After influenza, bronchitis, pneumonia, pleurisy, and other phases of lung disease, a soothing, strengthening tonic like Angier's Emulsion is absolutely invaluable. It helps to rebuild the whole constitution and its effect on the general health is soon evidenced in the brighter and better looks of the patient.

**ANGIER'S
EMULSION**

REMOVING STAINS.

**Soot
Stains**

Sponge with Benzine. Rugs or Carpets :
sprinkle liberally with salt and thoroughly
sweep.

**Shoe Polish
Stains**

Apply Benzine Soap and clean with petrol.

**Tea
Stains**

Soap and water failing, try alcohol.

**Butter
Spots**

These are dissolved by the use of a little petrol.
Soap and water will remove them from
woollens.

**Perspiration
Stains**

Dip the garment in Glauber Salts solution and
let stand until dry. Repeat if necessary.

**Copying-ink
Stains**

Generally on waistcoats. Use ammonia and
wood alcohol, applied separately.

**Tar Stains
on Carpets**

Powdered Fuller's Earth made into a paste
with turpentine, rub well into and around
stains, leaving until dry. Then brush with
clothes brush.

**Ink on
Carpets**

Cut a ripe tomato in half, rub on ink stain,
then sponge with warm water.

**Iodine
Stains**

A weak solution of "Hypo" will remove
these.

**Grass
Stains on
Flannels**

Steaming sometimes removes these ; or, rub
butter on the spots, rinse with petrol and dry
in the sun-light.

Felt Hats

Wash in a hot solution of soda and sesqui-
carbonate of ammonia.

ICES.

A good Freezer is indispensable. The most useful freezing mixture is obtained by mixing two parts well-pounded ice with one part rough salt.

LEMON WATER ICE Rind and juice of six lemons, six ounces sugar, one pint boiling water. Peel lemons very thinly, putting rind in basin with sugar and water ; stand until cold, add lemon juice, strain and freeze. Various fruit ices can be made as this.

VANILLA ICE CREAM Half-pint custard without sugar, half-pint cream, two teaspoonfuls vanilla, quarter-pound sugar. Add to the custard, while hot, the sugar, and well stir. When cold, add cream and vanilla.

BROWN BREAD ICE Half-pint crumbs brown bread, two ounces sugar, half teaspoonful Noyeau essence, quarter-pint milk, quarter-pint cream. Dissolve sugar in milk, when cold add cream, essence and crumbs, stir well together and freeze.

Water Ices can be varied by the use of flavourings and fruit juices.

COFFEE AND FRUIT ICE Half-a-pint of strong coffee, one pint of custard. Sweeten with five ounces of sugar ; when cold, freeze. Make a wall in glass dish with ice cream, fill centre with mixed fruits, then pile whipped cream on top.

TASTY SANDWICHES.

Thin white bread-and-butter, boned sardines without oil, minced cress, grated lemon rind.

Thin white bread-and-butter, finely minced Finnan Haddock, chopped parsley, a little grated cheese, pepper. Mix and spread. Whipped Cream and Parmesan mixed to a paste. Chopped celery put in after spreading on bread-and-butter.

ANGIER'S EMULSION

TASTY SANDWICHES—*contd.*

Pounded Lobster or Crab with yolk of hard-boiled egg, a little butter and pepper. Make into paste. Spread on plain white bread.

Gruyere Cheese chopped finely, mixed with mustard. Spread with plenty of butter on bread.

REAL CHOCOLATE.

Mix dessertspoonful of cocoa in a pan with three-quarters cup of water. Boil, then add two teaspoonfuls of condensed milk. Add sugar to taste.

TOMATO SAUCE.

Five pounds tomatoes, half-pint vinegar, six ounces sugar, two ounces salt, one ounce allspice, pepper and ground cloves, four ounces onions, one-eighth ounce cayenne. Boil tomatoes, vinegar, and chopped onions one hour, strain, add other ingredients. Boil until consistency is reached—keeping the allspice in a bag, then bottle and seal.

CORRECT ACCOMPANIMENTS TO DISHES.

Roast Beef. Yorkshire pudding, horse-radish sauce, gravy.

Boiled Beef. Boiled vegetables, boiled dumplings, white sauce.

Roast Lamb. Mint sauce, gravy, new potatoes, peas.

Roast Mutton. Onion sauce, red currant jelly, gravy.

Boiled Mutton. Caper sauce, boiled vegetables.

Roast Pork. Apple sauce, sage and onion stuffing.

Boiled Veal. Parsley sauce, boiled vegetables.

Roast Chicken. Bread sauce, rolls of bacon, sausages, gravy.

Boiled Chicken. Egg sauce, lemon.

Roast Duck. Apple sauce, sage and onion stuffing, peas, gravy.

Boiled Cod. Egg sauce.

Beef should be roasted 15 minutes to the pound; Mutton 20 minutes; Lamb a little longer; Veal 20 minutes; Chicken 10 minutes; Boiled beef, ham or bacon and fish takes 20 minutes to the pound.

PALATABLE AND PLEASING



Makes Robust Kiddies

— *they love it*

ANGIER'S is essentially a home remedy and has won for itself a high place in the esteem of all who have the growing child's welfare at heart.

Its property of building sturdy flesh and laying a firm foundation for the health and strength of future years, makes it of the utmost value in cases of puny, delicate children, as well as those of average physique.

Angier's is the most palatable of all Emulsions. It tastes just like cream and is an especial delight to the little ones who take it willingly and with real pleasure though refusing other medicines.

*For 35 years, doctors, nurses and mothers
have been unanimous in its praise.*

ANGIER'S EMULSION

Delicate Children need it.



The Children's Corner

INDOOR GAMES.

TELEGRAMS. Each player is given a piece of paper ruled into 12 spaces like a telegraphic form. He then thinks of a sentence and writes the first letter of each word in the spaces provided. The telegrams are passed round the room and each competitor completes a word, which must commence with the letter already written in the space. The cleverest wins a prize. A suggested telegram is given.

George	Goes	Back	To	School	To-day
Meet	Him	Fuston	And	Feed	Him

HITTING A SHILLING. Place a shilling on the carpet at one end of the room, then divide the players into two sides. A player from each side in turn takes a tennis-ball and tries to hit the shilling with it. The side that scores the most, wins.

NOUNS AND QUESTIONS. All the players have paper and pencil, and all write down two nouns, any they like or think of, then fold the paper down so that they cannot be seen by the next player, and pass it on to their left hand neighbour. Now they all write a question, any they like, and again fold and pass on ; the next one has to unfold the paper, read the two nouns and answer the question bringing in the two nouns. The questions and answers are then read out in turn.

SPINNING THE TRENCHER. This is a very old game. The players sit round the room while one spins a wooden platter or bread board in the middle of the floor and calls out the name of one of the players of the opposite sex, who must catch the plate before it ceases to spin. Failing to do so, results in the spinner taking the usual forfeit.

OUTDOOR GAMES.

TERSEY, OR TWOS AND THREES, is a general favourite. No implements are required and either a small or large number may take part. The players arrange themselves in a double circle (or double line) with a space between each pair; two taking up a position, the one within the other (the "Catcher") without the circle (or respectively, in front or behind of the line). The "inside" player starts the game by placing himself in front of one of the pairs; the third member of the group thus formed immediately running to elude the catcher and gain a position in front of another pair. The catcher may capture the hindermost in a group of three or anyone on the move; himself running to secure a place in front of a pair to avoid recapture by his victim, who, in turn becomes "Catcher."

THE GREAT WALL. To represent the Wall two lines are drawn, ten feet apart, across the centre of the ground; and a goal line parallel to the Wall, at each end of the ground. The "defender" stands on the wall, the others behind one of the goal lines. When the defender calls "Go!" the attackers run and try to cross the Wall to the opposite goal. Any whom the defender succeeds in touching with his hand must remain on the Wall to assist in its defence against the next attack.

THE GREAT BALLOON RACE.—Procure as many small toy balloons as there are players. Range the players on edge of the lawn, tie their hands behind their backs and make each player kneel. Stretch a cord across the other end of the lawn, about 6 in. from the ground. Give each player a balloon which he must blow across the lawn, and over the cord. This game creates roars of laughter. It is also suitable for playing at a party, indoors.

ANGIER'S EMULSION

THE CHILDREN'S CORNER

GAMES FOR TINY TOTS.

PUSSY-FOUR-CORNERS. This game is suitable for either out-of-doors or the playroom ; and the number of corners (or "stations") is not necessarily confined to four, though it must be one less than the number of children taking part. The players stand one in each corner and one in the centre. Beckoning one to another the "corner" children call "Puss ! Puss ! Puss !" and run to exchange places ; the "centre" child also running seeking to obtain possession of a vacated post. The one left out takes up the "centre" position, and the game proceeds.

HOPPING TUG-OF-WAR. Two players clasp hands, and, hopping all the time, try to draw each other over a line marked on the ground. The foot may be changed, but if either player allows both feet to touch at the same time, he is "out."

ANIMALS. The players stand in a ring, and one stands in the middle blindfolded. He points to some one in the ring, who has to make the cry of some animal. The one in the middle has to guess who it is and the animal represented, and if right takes his place and the other has to stand in the middle.

KEEP MOVING. The children sit round the room and sing, doing the action at the same time :—

“ One finger and thumb keep moving,
One finger and thumb keep moving,
One finger and thumb keep moving,
Eye-o, eye-o, eye-o ! ”

The next "Two fingers" until the last, when "eight fingers, two thumbs, two elbows, one head, two legs and one body keep moving."

BUILDS UP DELICATE CHILDREN

Keep your health and vigour

There comes a time in human life when a need is felt for a reliable tonic which can be depended upon to repair the ravages of age, and keep the physical system in a state of fitness. It is just then that Angier's Emulsion is so useful, quickly exerting its beneficial influence, toning and strengthening each organ to the performance of its special function.

It improves appetite, aids digestion and promotes normal healthy action of the bowels. The whole system is built up, the inroads of chest affections repelled, and vigour retained to ripe old age.



TRICKS AND CATCHES.

A BALANCING FEAT. This game is most suitable for boys. Place a board across a bottle and balance oneself on it, with one's feet out and one heel resting on the top of the other toe, with a matchbox in one hand and a candle in the other. The feat to be performed is to strike a match and light the candle.

HOW TO FIND YOUR FRIEND'S AGE. To find out the age of any one, ask him to write down the date of his birthday and the number of the month. For instance, his birthday is the sixteenth of October, so he must write down 16 and 10. He must write these figures together, 1610, and multiply by 2. Then add 5, and multiply again by 50. Next he must add his own age and subtract 365. Then he mentions the result and the trickster adds 115, and the figures show in order the date of the month, the month and the age of your friend.

A PICTURE PUZZLE. If asked to decide at a glance the relative distances from A to B and from B to C, we should certainly judge B to C to be the longer. Test by measurement.



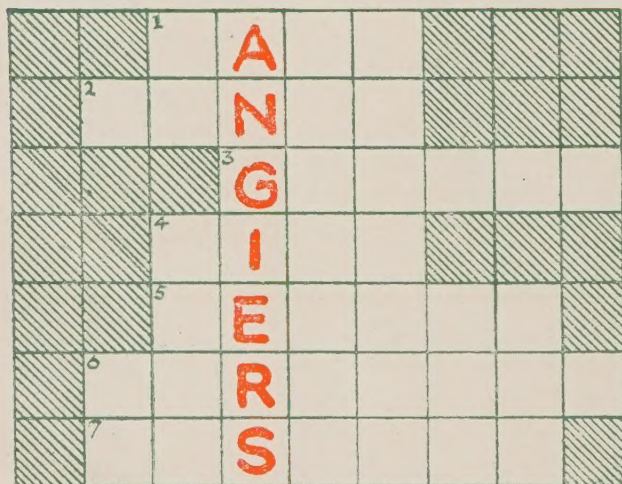
GHOST'S MERRIMENT. With a rather thick pen nib write your name on a sheet of smooth paper. While the ink is wet fold the paper lengthways across the centre of the name and the ghost will appear.

A COIN PROBLEM. Ask your friends how many threepenny-pieces can be placed on a half crown so that none of the smaller coins project over the edge of the half-crown (of course, without piling). You will be surprised at the variety of the answers.

I MUST NOT FORGET,

1. To clean my teeth at least once a day.
2. To drink as much pure milk as possible and abstain from tea or coffee.
3. To take a full bath more often than once a week.
4. To eat some fruit and vegetables every day.
5. To participate in some outdoor recreation every day.
6. To drink four glasses of pure water each day.
7. To go to bed early each night and sleep with windows open.
8. To refrain from eating too many sweets, but to eat plenty of cereals.
9. To maintain a working of the bowels each day regularly.
10. To take my "Angier's Emulsion" regularly every day.

NOT A CROSSWORD



Try this simple puzzle.

It is a message for everybody, as easy to read as ANGIER'S EMULSION is to take.

1. One who takes it and cries for more.
2. Its immediate effect.
3. Another who takes it, and recommends it.
4. How it tastes.
5. What it brings.
6. What it builds.
7. What it banishes.

ANGIER'S EMULSION IS THE KEY TO HEALTH
GOOD HEALTH IS THE KEY TO HAPPINESS

An Invitation

FROM

ANGIER'S

Mothers will appreciate the great advantage of having always at hand some simple yet efficient remedy which can be given to their children with perfect confidence and with certainty of benefit whenever they are ailing or in need of a tonic.

Angier's Emulsion is such a remedy. Approved by the medical profession and largely used in children's hospitals, it is the ideal tonic-builder for children because it is soothing and healing, as well as strengthening, and its cream-like flavour is very pleasing.

Mothers who are not yet acquainted with Angier's Emulsion are invited to write for a free sample bottle, enclosing 4d. to cover cost of postage.

FREE SAMPLE COUPON.

Name.....

Address.....

Fill in Coupon in Block Letters and send it with 4d. for Postage to
THE ANGIER CHEMICAL Co., Ltd., 86, Clerkenwell Rd., London, E.C.1.

This invitation applies only to Great Britain and Ireland.



The Family Remedy

"I always prescribe it"

A Doctor writes :—In all cases of chronic cough, and in all wasting diseases of adults and children, pulmonary and gastro-intestinal, there is no better tonic than Angier's Emulsion. I prescribe it to more than half my patients.

(Signed)

L.R.C.P., L.R.C.S., &c.

Simple, harmless, pleasant, of proved value, endorsed and prescribed by doctors, there is no more useful and reliable all-round remedy for everyday ailments than

ANGIER'S THE PERFECT EMULSION

Obtainable of all chemists and drug stores in 2 sizes. .3/- & 5/-

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